

50 and Wiser December-March Programs

50 and Wiser provides recreation opportunities for those baby boomer age and beyond!

For more information contact: Gail Ham - gail.ham@harrisonburgva.gov

Registration opens Dec. 3 for City Residents and Dec. 4 for Non-Residents.

BEGINNING KNITTING

Instructor: Christina Presnell

This class teaches familiarity with types of yarn, reading yarn labels, patterns, needles and sizes, along with basic knitting skills. Participants will also learn to knit, purl, cast on/off, increase decrease, change yarns, and finish their work. Pattern suggestions will be made upon completion of the course, based on their individual skill level. All supplies are furnished. City Res \$36 / Non-Res \$43

140570A	Ages 50+	CFG/CAC
Wed	Jan 9, 16, 23	9-11am

BEGINNING CROCHET

Instructor: Lorraine Young

Learn the basics for a fun winter hobby. Participants will complete two projects during the four sessions; a dishcloth using the ever popular granny square and a scarf. Individual attention and support will be provided throughout the class, ensuring a fun and satisfying experience.

City Res \$28 / Non-Res \$33

140570E1	Ages 50+	CFG/CAC
Mon	Jan 7, 21, 28, Feb 4	9-11am
140570E2	Ages 50+	CFG/CAC
Mon	Jan 7, 21, 28, Feb 4	5:30-7:30pm

WARM COMFORT

Instructor: Gail Ham

Create the perfect solution for a pain in the neck! Make a neck pillow that can be heated in the microwave or cooled in the freezer to provide the perfect relaxation to sooth aching muscles. The additional benefits of dried lavender sooth the senses with a wonderful fragrance. Make a comfortable cotton pillow in one afternoon and take it home to enjoy or give as a gift. City Res \$10 / Non-Res \$12

140570F	Ages 50+	CFG/CAC
Mon	Dec 17	12-4pm

SPRING BUTTERFLIES

Instructor: Gail Ham

Early touches of spring that can brighten any plant or corner, these butterflies are created from clear plastic 2 liter bottles. Once the art of making butterflies is mastered, flowers, fish, and other decorations come easy. City Res \$10 / Non-Res \$12

140570G	Ages 50+	CFG/CAC
Mon/Wed	Mar 4, 6	1-3pm

BOWLING LEAGUE

Come out and join the fun! This bowling league is open to experienced and novice bowlers alike. You may join us at any time; there is always room for more. \$8 per person includes three games and shoe rental.

	<i>Ages 50+</i>	<i>Valley Lanes</i>
<i>Thu</i>	<i>Dec 27-April 11</i>	<i>1-3pm</i>

KNIT A HAT

Instructor: Christina Presnell

This class will give you the skill to make not only a hat for yourself, but a welcome and warm present for any occasion. You will learn to make a basic hat on double pointed needles, with any size yarn for any size head. Participants must have completed the Basic Knitting Course, or have previous knitting experience. Once you have finished you will be ready to pursue more challenging patterns and practice your skills. Course fee includes course book, yarn, and double pointed needles to make one hat.

City Res \$25 / Non-Res \$30

140570A1	<i>Ages 50+</i>	<i>CFG/CAC</i>
<i>Wed</i>	<i>Jan 30</i>	<i>9-11am</i>

ZUMBA ® FITNESS

Instructor: Cassandra Price

This class is a modification of Zumba® Fitness geared toward active older adults and for those who desire and want a lower impact class. This class uses more instruction and verbal cues as well as slower music. Improve your fitness level with this greast Latin and international inspired dance fitness workout. Join the Party! For additional information on the instructor visit www.zumbawithcass.com.

City Res \$48 / Non Res \$58

140523A	<i>Ages 50+</i>	<i>CFG/CAC</i>
<i>Tue/Thu</i>	<i>Jan 8-Feb 19</i>	<i>6:45-7:30pm</i>
140523B	<i>Ages 50+</i>	<i>CFG/CAC</i>
<i>Tue/Thu</i>	<i>Mar 5-Apr 18</i>	<i>6:45-7:30pm</i>

50 & WISER YOGA LEVEL 1

Instructor: Patricia Kearney

Yoga is a happy medium for those who need balance strength, flexibility and relaxation. Beginners and intermediate students welcome, modifications will be provided. No class Mar 11.

City Res \$31 / Non-Res \$37

140525A	<i>Ages 50+</i>	<i>CFG/CAC</i>
<i>Mon</i>	<i>Jan 7-Feb 11</i>	<i>5:30-6:30pm</i>
140525B	<i>Ages 50+</i>	<i>CFG/CAC</i>
<i>Mon</i>	<i>Feb 18-Apr 1</i>	<i>5:30-6:30pm</i>

REALISTIC SENIOR SELF DEFENSE

Instructor: Jonathan Price, Head Instructor Tae Kwon Do Academy, assists with self-defense instruction with Harrisonburg Police Department.

Have you ever wondered what would happen if you or someone close to you was attacked? Would you like to know realistic and proven strategies you can trust to help you stay safe? This class will explore how to be more aware of a situation before it goes beyond your control, and realistic ways to respond to best protect yourself. No experience necessary, but any experience welcomed and able to be incorporated.

City Res \$12 / Non-Res \$14.

140554G1	Ages 50+	CFG/CAC
Sat	Jan 12	2:45-4:45pm

City Res \$36 / Non-Res \$43

140554G2	Ages 50+	CFG/CAC
Tue/Thu	Jan 15-31	4:15-5:15pm

EXTRA GENTLE YOGA

Instructor: Patricia Kearney

Participation in yoga benefits stress reduction, muscular endurance, flexibility and balance. In this class seated poses can be done using chairs rather than sitting on the floor, and standing poses are done with additional support for balance. Participants can choose a fully chair-based approach to the class, or combine standing, chair and floor poses according to their needs. The instructor has experience in teaching gentle and chair-based yoga classes, and is certified in Integrative Yoga Therapy. No class

Mar 13. City Res \$28 / Non-Res \$34

140525E	Ages 50+	CFG/CAC
Wed	Jan 9-Feb 13	5:30-6:30pm

140525F	Ages 50+	CFG/CAC
Wed	Feb 20-Apr 3	5:30-6:30pm

CARDIO & STRENGTH

Instructors: Lindsay Snyder, Mindy Schwartz, Layna Erney

Stretch, strengthen and get it! This class works the heart, muscles, and more. Variety and fun guaranteed and all fitness levels welcome. No class Nov 22. City Res \$36 / Non-Res \$43

140523C	Ages 50+	CFG/CAC
Tue/Thu	Jan 8-Feb 21	5:30-6:15pm

140523D	Ages 50+	CFG/CAC
Tue/Thu	Mar 5-Apr 18	5:30-6:15pm

50 & WISER AQUA AEROBICS

Instructor: Mario Estevez

The performance of aerobic exercise and resistance training in chest-deep to shallow water levels. Beginners are welcome. City Res \$35 / Non-Res \$42

140508A1	Ages 50+	Pool
Mon/Wed	Jan 14-Feb 6	9:30-10:30am

140508A2	Ages 50+	Pool
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Mon/Wed Feb 11-Mar 6 9:30-10:30am

MOVING THE BODY THROUGH WINTER TO SPRING

Instructor: Carol Capolungo

Enjoy the relaxation combined with exercise and stretching. This class is a series of movement classes for women over 50 who would like to explore a fun, connecting, and motivating dance class. The class includes gentle stretching, weight-bearing movement and body part movement exploration. Each class will be a full body experience but each will especially focus on a different body part. All are welcome regardless of movement experience and ability. City Res \$12 / Non-Res \$14

140523E1	Ages 50+	CFG/CAC
Sat	12/22/12 (Feet)	9:15-10:15am
140523E2	Ages 50+	CFG/CAC
Sat	1/5/13(Hands)	9:15-10:15am
140523E3	Ages 50+	CFG/CAC
Sat	2/2/13(Hips)	9:15-10:15am
140523E4	Ages 50+	CFG/CAC
Sat	3/2/13 (Head)	9:15-10:15am

PINOCHLE CLUB

We are now collecting interest for a pinochle club at the Community Activities Center. Join us even if you are new to the game or need a refresher. Please call to indicate interest. Please call or email if you have an interest in playing Mahjong as well. FREE.

Tue	Ages 50+	CFG/CAC
Dec 4&18, Jan 8&22, Feb 5&19, Mar 5&19		1-4pm

INDOOR WALKING

Is the weather outside keeping you from your outdoor walking routine? Come inside where the weather is nice. The gym is open for your walking pleasure during designated times. Bring your music and bring your friends! No registration required. FREE.

	Ages 50+	CFG/CAC
Tue/Thu	Dec-Mar	8:30-9:30am

BENNY'S BLANKETS

This is a social group for 50+ who like to knit and crochet. Items are donated to area nursing homes, hospitals, ARC, and other service organizations. We also accept donations of materials such as yarn, crochet hooks, needles, etc. FREE.

	Ages 50+	CFG/CAC
Tue/Thu	Ongoing	9-11am

CLASSIC MOVIE MATINEE

Join us monthly for a classic movie from the archives. Movies are projected on a large screen for excellent viewing. Beverages, popcorn and other snacks are provided. Check the website for movie of the month. Please call 540-433-9168 a week in advance to indicate interest. FREE.

	Ages 50+	CFG/CAC
Fri	Dec 21, Jan 18, Feb 15, Mar 15, Apr 19	1-3pm

BISCUITS & BINGO!

Join us the last Wed of each month at the Harrisonburg Chick-Fil-A. Participants receive a free drink with purchase and play bingo for prizes and fun. No purchase or registration necessary to play. FREE.

Ages 50+

Chick-Fil-A, Harrisonburg

Wed

Dec 26, Jan 30, Feb 27, Mar 27 9-10am

AARP Tax Aide Program

A volunteer led free tax service specializing in senior citizen and low to moderate income families. Open on Tuesdays and Saturdays starting February 2 until April 13. Hours on Saturday are 9am-2pm and on Tuesdays from 8:30-11:30am and 12:30-3:30pm. Change in location. CFG/CAC